

Sweet Potato Tacos



This fresh and flavourful sweet potato taco is very much a healing recipe, and it's one of my all time favourite recipes. It's perfect for anyone with an autoimmune skin condition, who wants to incorporate more healing foods into their diet.

Servings: 1

Sweet Potatoes

1 large sweet potato or 2 small ones
1 tbsp lime juice
1 tbsp maple syrup
1/2 tsp cayenne
1 tsp cumin
1 tsp coriander (dried)
1 tsp turmeric

Taco Sauce

crushed tomatoes (approx. 400g)
1/2 yellow onion
1 clove of garlic
1 tsp maple syrup
1 tbsp lemon juice
1 tsp cumin
1 tsp paprika powder
1 tsp oregano
1 tsp dried coriander
1/2 tsp cayenne
1/2 tsp chili flakes
sea salt
black pepper

Fillings

4-5 romaine lettuce leaves
tomatoes
bell pepper
cucumber
avocado
sprouts
fresh coriander
lime
taco sauce
herbal salt

If you want a fat-free meal, just remove the avocado.

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INSTRUCTIONS

Taco Sauce

1. Start by preparing the taco sauce. I prefer to do it the day before, so all the flavours are having time to settle.
2. Peel and finely chop the onion and garlic. Then fry them on medium heat in a little water until the onion starts to become translucent. If necessary, add more water to the saucepan at regular intervals so that they don't stick to the bottom.
3. Add crushed tomatoes, maple syrup, lemon juice, cumin, paprika powder, oregano, cilantro, cayenne and chili flakes. Let boil for at least 10 minutes under a lid. Stir every now and then.
4. Season with salt and black pepper.
5. Let it cool before you serve it, for best taste. Then you can store it in a glass jar with a tight-fitting lid in the fridge, and it will last for at least a week.

Sweet Potatoes

1. Heat the oven to 200 degrees Celsius.
2. Peel and chop the sweet potatoes into cubes. Put them in a bowl together with lime juice, maple syrup, cayenne, cumin, coriander and turmeric. Stir well.
3. Place the mixture on parchment paper on an oven tray. Bake in the oven for about 20-30 minutes, until the potatoes are soft and begin to get some colour. Take them out and let them cool for a few minutes.

Fillings

1. While the potatoes are in the oven, be sure to chop all the vegetables for the filling. I usually have tomatoes, peppers, cucumbers, avocados, scallion, sprouts and fresh cilantro. Also rinse the lettuce leaves and place them on a plate.
2. Then you just build your tacos with the fillings you desire. Top with a little bit of squeezed lime juice, taco sauce and possibly a little bit of herbal salt.